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Reading lesson
Advice for deciphering tracks.
See story on page 3.

Stevens savours Highlands
Former OHLer relishes new role.
See story on page 4.

Ways to help
Point in Time offers suggestions to help loved ones.
See story on page 7.

Outdoor enthusiast Peter Brogden at 87-years young celebrated his 50 years skiing in the Highlands with an anniversary ski tour on Wednesday, Jan. 19 at Glebe Park in Haliburton. There were 10 skiers who were led out by Brogden. The co-founder of the Haliburton Highlands Nordic Trail and Ski Club Association led the group to the northern limit of the Peter Rabbit Loop before everyone broke off and went on their own routes./DARREN LUM Staff

Bennett's FURNITURE and MATTRESSES SINCE 1926
February Frenzy
February 1 - 28, 2022

Local history just around the corner

KATE BUTLER
Haliburton Highlands Museum

Though tucked away from the main street of the village, Dysart et al's Town Hall and municipal office has been an iconic local fixture for well over a century. The particular silhouette of the building, with its bell tower that makes some new visitors wonder at first if it's a church, dominates early 20th Century photos and provides a constant orientation point amongst the other changing aspects of the village landscape. It's a symbol of the community which has appeared on a variety of postcards over the years as a pictorial way for travellers to say, "This is where I was - in Haliburton," even without a caption or a message. In 1912, it featured in a photo shoot which showed members of Dysart et al council posing near recent civic improvements. The main focus of the photo in which it appears might actually have been the Lucas family's home, which had recently acquired gas carbide lighting and indoor plumbing, but the inclusion of the well-constructed and attractive Town Hall across the road must have been seen as an added bonus.

When a committee was formed in 1896 to oversee construction of the hall, Dysart et al council didn't really have a home. In July of 1895, a fire had destroyed the timber frame structure where they had previously held their meetings. That building had been named Lucas Hall in honour of the first reeve of Dysart, Captain John Lucas. The Lucas Hall had been a gathering place in the community for nearly 25 years, so its loss must have been keenly felt. Designed by a contractor named Henry Wesley (who also designed St. George's Anglican Church), it was 30-feet wide by 50-feet long, which may seem small compared to some community spaces today, but it was just what the growing community needed. A ball was held to celebrate its opening, for which the Canadian Land and Emigration Company hired a band and council provided refreshments. There was likely dancing into the wee hours of the morning! As well as providing a place for municipal business, this building was home to religious services, meetings of local clubs and organizations and evenings of entertainment. It was also a place where community members would come together to help their neighbours. For instance, in 1882, a fundraiser was held there by the local Dramatic Society to raise money to help the family of Joseph Dummett, a local resident who had been in poor health for some time.

During the time when the community was 'between halls,' municipal clerk William Prust made his building, which today still stands at the corner of Highland Street and Maple Avenue, available for council meetings, elections and the local division court, and though the gesture was greatly appreciated, this was undoubtedly considered only a temporary new home. In the spring of 1897, a tender of $5,200 for a new brick building was accepted and construction quickly began, taking advantage of the good weather. In less than five months, the new Town Hall was ready to occupy its position at the corner of Mountain Street and Maple Avenue as we all know it today. The building has seen moderizations and expansions over the intervening decades, but its essence has remained the same, an ongoing nod of approval to the builders who constructed it 125 years ago - I think they'd be pleased!

CORRECTION

Snowmobilers asked to stay off closed trails in Haliburton story in last week's *County Life* incorrectly attributed it to Haliburton County Snowmobile Association, John Enright. The article was submitted by the Haliburton Highlands detachment Ontario Provincial Police.

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County Life

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Language of life is written in the snow

STEVE GALEA

Outdoors

A new, snow-covered landscape is in many ways a blank page. But fortunately, it rarely remains that way for long. Countless, wonderful stories are soon etched upon it in a script that is plain to see but often difficult or confusing for the inexperienced to read. Of course, I'm referring to animal tracks.

Most people feel at least a tinge of curiosity when they see an animal track in the snow. Tracks fire up our imaginations. They conjure images of the secretive lives that go on in the environment around us. They reassure us that the eco-system supports life. Most importantly, they serve to remind us that while we pass through the outdoors, other creatures make their homes there.

In the old days, before cellphones possessed cameras, apps and internet access, if you wanted to learn about a track, you paid close attention to it, tried to remember details – and then you went home or to the library and picked up a book that might enlighten you. Or perhaps, you asked an experienced friend.

These days, cellphones have made collecting and remembering this information much easier. All you need do is take a few photos and perhaps a rough measurement or two. Then you can reference a book later or use one of many available apps to identify the track.

But what if you don't want to wait that long? Or what if the track is not exactly fresh? Well, then, the best practice is to follow it to see what other details and signs it divulges.

(I'd still advise you to take photos of the tracks and other relevant signs along the way – just in case nothing more definitive is revealed.)

Freshness counts

Obviously, you are far more likely to identify fresh tracks than those that have been eroded by time. A fresh track show details such as toes and claws rather than merely holes poked in the snow. An old track, on the other hand, has been eroded due to a constant exposure to sunlight or wind, so details are distorted or obliterated.

That doesn't mean you can't identify what made an old track. It just means that you might have to follow it longer before certainty is provided.

Most of us are familiar with several types of tracks and signs. It's the rare outdoors enthusiast who can't immediately recognize a deer or moose track, for instance. Where we tend to fail is when we run into eroded tracks that bear similarities to other tracks. Squirrel and rabbit tracks come to mind. They are similar enough that a newcomer might not be certain. And it gets even more uncertain when a track is made by an animal you do not routinely encounter, say anything in the weasel family.

Attention to detail

Good trackers study individual tracks, looking for details such as how many toes, if a part of the animal is dragging, whether there are claw imprints, etc. But they will also note track size and the distance between strides or bounds, as well as the width of the track too. Noting the size of an individual track can tell you immediately whether it is a coyote or wolf track, for instance.

Steve Galea, the author uses his cellphone to document tracks made by a deer mouse. /Submitted by Steve Galea

It's also important to note where the hind feet fall, the track pattern, as well as the depths of snow and whether there is a belly dragging. Some animals have short legs and drag their undercarriage across the snow. Others, such as otter slide. Any of these details can make identification easier.

Also, when following tracks, look for signs made by the animal. Scat often confirms identification very quickly. Again, if you are unsure of what made that glistening pile, take a photo and identify by app or book later.

Urine can also identify a species. For instance, rabbit urine comes in a range of colours depending on their diet. Knowing that alone can help you differentiate a rabbit from a squirrel track.

Where the track goes can also make a difference. For instance, if dog-like tracks go to a deer or beaver carcass, a wolf or coyote is a sure bet.

There are so many other small signs too and all of them help you solve the mystery. Squirrel tracks can lead to dirt on the snow from a dug-up food cache. Rabbits or hares will leave imprints, called forms, in the snow generally beneath overhead cover. Squirrel tracks will often lead from tree to tree. Wing tip prints and blood, fur or feathers in the snow reveal a hawk or owl found a meal. A pile of scat beneath a tree might indicate you've found a turkey roosting tree or perhaps a porcupine. And, of course, if you find a bed in the snow, the sheer size of it will settle the question whether it was made by a deer or moose in short order.

Books have been filled with tracking tips and lore. There is far too much to fit in the space of this column. Yet, if you follow a track long enough, clues will continually reveal themselves and you will eventually figure out who left the trail. And along the way, you'll learn a little more about the animals that we share the outdoors with – and that is a good track to be on.

Community Events

Send your event listing to Pat Lewis at classifieds@haliburtonpress.com

Environment Haliburton! Enviro-Cafe

When: Tuesday, Feb. 8 at 7:30 p.m.
David Robertson, researcher, educator and activist will review Ford's climate plan.
Q and A to follow. Please go to www.environmenthaliburton.org to register for this event. For more info, please contact Terry Moore, at tmoore7031@gmail.com

Canadian Federation of University Women

Are you tired of Covid and feeling isolated? Join CFUW We are a not for profit women's advocacy organization where, irregardless of educational background, you can be involved in our community . Our local focus is on socializing with other women through our various interest groups and monthly series of stimulating speakers and events. Some of our fun interest groups include cuisine, bridge, book club, hiking, lunch 'n learn (crafts) , euchre and many more. Please go to our website for more info- cfuwhh.ca or contact phewittosborne@gmail.com.

Women of the Word,

a non-denominational women's bible study
When: Wednesday mornings 9:15 to 11:45 a.m.
January to May. You are welcome to join at any time
Where: Lakeside Church - 9 Park Street Haliburton
What: 3 study options available; 1 - Genesis chapters 3 to 11, 2 - First, Second and Third John, 3 - A topical study by Drew Hunter "Made for Friendship". In person or online via Zoom. Covid regulations apply. Free Childcare dependent upon resources. Cost $35 plus book – financial assistance available. Contact 705-457-2851 to register or for more information. www.mylakeside.ca

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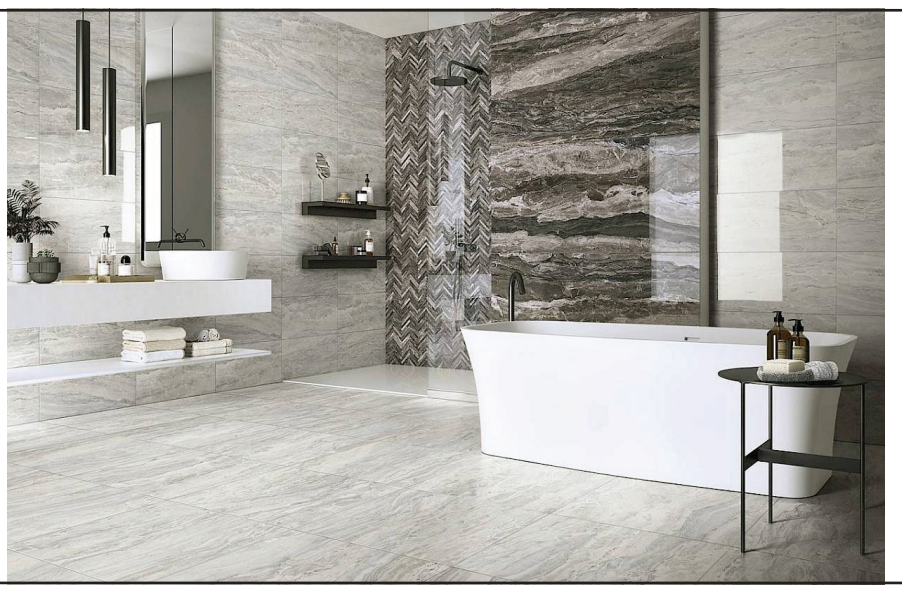

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Get to know the Huskies: Christian Stevens

ALEX GALLACHER
Special to *County Life*

Since being added to the Haliburton County Huskies roster back in October, Christian Stevens has become an impact player and a leader rather quickly. The Brooklin, Ontario forward has five goals and 18 assists in his 21 games played with the team so far, however Stevens is one of the many players to bring OHL (Ontario Hockey League) experience to the Huskies.

Having played hockey since he was very young, Stevens played his AAA hockey with the Whitby Wildcats and was named captain of his under-16 AAA squad in 2017-18. Moving up the ladder at a steady pace, Stevens credits his grandfather as one of the people who helped him foster his love for the game.

"I started when I was about three or four years old," Stevens said. "My grandfather really taught me a lot of stuff. I used to shoot on him with my mini-stick. He is the one who really got me into hockey. He helped build the backyard rink and took me to a lot of the practices and games."

Starting his junior career out in Whitby, Stevens laced up for the Huskies predecessor the Whitby Fury. Playing 80 games for the Fury, Stevens scored 11 goals, and added 32 assists for the team before moving up a rung in the hockey world to join the OHL's North Bay Battalion. Joining the team shortly before COVID-19 ended the 2019-20 season early, Stevens laced up with the troops for 22 games that year and remained in the OHL before being sent to the Huskies last October.

The adjustment has been very smooth for Stevens, who has enjoyed the change of scenery.

"I was fortunate enough to play two years of junior hockey before joining the Battalion," Stevens said. "I was pretty familiar with most of the guys already. However coming down from the OHL the biggest difference is knowing your role on the team. In North Bay I was on the third/fourth line focusing on getting pucks in and just doing my job, but down here I'm able to focus more on scoring goals and winning games."

The experience from the OHL has helped Stevens become a better player. Despite his time in North Bay not going exactly as planned, he has taken many lessons away from those 22 games that he has applied each night for the Huskies.

The Huskies have a very close relationship with the Battalion, which has allowed them to pick up some quality players from the OHL. The OJHL co-wins leader Huskies goalie Christian Cicigoi and recently acquired defensemen Simon Rose were both Stevens' teammates on the 2019-20 Battalion roster. That, combined with guys who he already knew from playing together with Nathan Porter, Patrick Saini and Isaac Sooklal on the Fury, he didn't have to go far to find his friends.

Former Brampton Battalion player Christian Stevens has appreciated his experience in the Highlands, noting the strong fan support. Stevens has taken on an offesnive and leadership role with the team this season, which is a departure from his Battlion role as a third/fourth liner./FILE DARREN LUM Staff

"It's been awesome to play with those guys here," continued Stevens. "Coach Ryan used to play with the GM of North Bay so they are very close. Having that good relationship has really helped us push to get some good players. I've definitely tried to give my input to get some of my other really close teammates to come to the team."

Stevens' leadership is often one of the things that he has been praised for during his hockey career. Having been named an assistant captain almost immediately upon arriving in Haliburton County, is something that has carried with him throughout his hockey journey.

No matter which team he is on or how well the team is doing, Stevens plays his heart out every single night. To him each game is a playoff game, and his work ethic inspires many of the younger players who look up to guys like Stevens.

"Christian is a leader," Cicigoi said. "Everyone looks up to him and he plays hard. When a young guy sees an older guy work like that you wanna be just like him. To have leadership like Christian's, is a huge asset to our team."

Having played in one of the rather small OHL markets, one of the biggest similarities between Minden and North Bay is the "small town" feeling. While North Bay is far bigger than Haliburton County, having grown up in the hustle and bustle of Durham Region there was very little culture shock upon arriving in the county.

The one aspect of rural life that Stevens appreciated was how much Haliburton County supported and rallied around the team. Signing autographs and giving interviews are something he knew from the OHL, but he never expected it to follow him to the OJHL. The people here have made this experience one he will never forget, and is excited to continue that once the season resumes on Feb. 4.

"When I would go to North Bay from Brooklin it was similar, but up here it's a lot quieter." added Stevens. "I love it here, my family has a cottage up here so I was up here a lot last summer. A few buddies of mine have cottages up here too, so I've been around the area for five of six years. I'm happy I made the move here, lots of fans in the arena and buzz around the town."

For Ramsay, adding Stevens to the roster was one of the easiest choices he ever made. Stevens brings a lot to the table.

"He is the most complete 200-pound player on our team," Ramsay said. "He is very responsible defensively, just as much as he is offensively. He is very skilled. He is a big boy who plays a heavy game. That works really well for us, as we like to play with the playoff mentality. He has been keeping fit up in North Bay during the lockdown and he is a very mature player so he is a very important part of our team moving down this stretch."

As the OJHL is mainly used as a stepping stone for junior players to advance their careers, Stevens will be going to school next year and taking advantage of his OHL package, which means he has a few years of his school paid for on behalf of the league.

He still plans on playing hockey. Most likely going to play in the OUA (Ontario University Athletics – university calibre of hockey), Stevens doesn't want to give hockey up just yet and wants to continue as long as he can.

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Finding talent with a magical musical tour

In January of 2020 my husband, Don, and I packed up the car and headed out on what we were calling our magical musical tour. It was mostly for pleasure, but we also hoped to find talent for future Haliburton County Folk Society (HCFS) concerts. A proverbial problem for music promoters like HCFS is how to sort, sift through and select the best when there are thousands of talented musicians available. Our tour was expected to put us face-to-face with hundreds of different performers over the two months.

We were heading to Nashville, Muscle Shoals and New Orleans before embarking on a Cayamo Cruise to a couple of Caribbean Islands. The Islands didn't matter – it was all about the music on board. After the cruise, we were stopping to visit some friends in Florida before heading back with more musical stops in North Carolina and New York.

Musician Cary Morin performs in a hotel room, as part of a conference where Don and Marie Gage of the Haliburton County Folk Society were looking for potential talent to bring to the Highlands. Submitted by Marie Gage.

The original impetus for the tour was the Folk Alliance International Conference being held in New Orleans at the end of January. As a member of the HCFS management and concert committees, Don wanted to attend because it was a rich source of new talent for the concert series. We signed up to volunteer in return for the waiving of the conference fees and prepared to immerse ourselves in music for several days — and nights.

Imagine a hotel filled with more than 2,000 musicians, looking to audition for new gigs, and music lovers and promoters anxious to hear what they have to offer. Add to that image 10 concurrent stages, each one changing performers every half hour from 5 p.m. until 11 p.m. daily. Then everyone adjourns to designated floors of the hotel where the performers have waved their magic wands and created unusual, albeit tiny, performance venues in their hotel rooms. The larger suites were rented by record labels or promoters to showcase their artists.

There is an event program to help attendees select the places they want to be, but you can also just wander, allowing the strains of music that permeate the corridors to beckon you in. The music in these venues officially ends at about 2 a.m. but the music can still be heard much later. The result is an ability to hear live performances by hundreds of performers in just a few days.

Don and I split up to maximize the potential of finding new performers who would be of interest to the people who attend HCFS concerts. There were too many to name but my favourite discovery was The Rainbow Girls. Their harmonies and sometimes funky rhythms lifted my spirits and left me wanting more. Why not check out one of their online concerts?

We moved on to Miami and boarded the cruise ship. We floated at sea and wandered from venue to venue listening to renowned musicians recruited for this annual event by the promoters. Many of those on board are seasoned acts far beyond the financial capacity of HCFS to bring here, but there are some exceptions, one of whom is Steve Poltz. He is scheduled to be here in the spring (COVID allowing).

Music conferences like Folk Alliance and the smaller, but similar Folk Music Ontario are just some of the ways the HCFS ensures they find new talent as it is emerging before it becomes too expensive for our small community.

The music conferences are not just for promoters. If you ever want a music experience on steroids, and if you have the stamina to stay up late several nights in a row, why not register for one? You may need to wait until COVID is under more control, but mark it on your bucket list. If you invite us, we might even tag along.

Submitted by Marie Gage of the Haliburton County Folk Society. This is a monthly column.

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Send your letters to the editor to darren@haliburtonpress.com. Letters must be signed and include a phone number.

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Let's talk

IT'S MID-WINTER. The days are short. The nights are long. We're all a little tired. If you feel this way, the good news is that you're not alone. Did you know that the third Monday of every January is affectionately known as "Blue Monday," marking the most depressing day of the year. Apparently, by this date, people are feeling unmotivated, unsettled, and uninspired. We've officially fizzled out of opening emails with "Happy New Year!" and have shifted back to "I hope this email finds you well …"

EMILY STONEHOUSE
Special to County Life

Apparently, the usage of exclamation points in emails dwindles by over 700 per cent between the months of January and February (okay, maybe that's my personal statistic, but I assure you it rings true).

We're tired. That's okay. It's natural to cocoon yourself during the peak months of hibernation. To hunker down, batten the hatches, thrive and survive in solitude. Yet if we have seen anything from these past few years, it's that we need each other.

If you have kids or are a sucker for the beauty of Disney animation, then you have likely seen the film *Encanto* sometime over the past month. This is an incredible movie with bold and beautiful colours, a heartwarming story, and catchy songs that you'll be singing on repeat in the shower for weeks.

The first time I watched the film, I was in awe of the colours and the characters. By the 42nd time (slight exaggeration but not by much), I was starting to pick up on some new meanings in the songs. This film features undertones of generational trauma, the desire to fit in, and the pressure we put on ourselves to perform life to the expectations of others.

In the film, there is a song sung by Jessica Darrow called *Surface Pressure*.

Some of the lyrics go like this:

"Under the surface
I'm pretty sure I'm worthless if I can't be of service
A flaw or a crack
The straw in the stack
That breaks the camel's back
What breaks the camel's back it's
Pressure like a drip, drip, drip that'll never stop, whoa
Pressure that'll tip, tip, tip 'till you just go pop, whoa"

This is in a DISNEY MOVIE. It is important to note that a key term there is "surface." On the surface; the world you show to social media and the face you put on in front of colleagues, friends, and family, it could look like nothing is amiss. You could feel like you have it all and still feel the drip, drip, drip of pressure.

You are not alone. Normally, my columns tend to take a satirical stance towards life as a millennial. Like, I think we are the only generation who has somehow experienced tapes, CDs, records, Bluetooth, Apple Music, Spotify, and gave our parents desktop computers a new virus every week from an uphill battle with LimeWire, but I also know the time and place to get serious and talk about mental health.

Winter is tough on mental health. The world is tough on mental health. Living in a pandemic is tough on mental health. You are tough for surviving. You are very, very brave.

If you need an outlet, there are options. You are not alone. Right here in Haliburton County, there are resources through SIRCH Community Services, Point in Time, and the Haliburton County Youth Wellness Hub. You could also reach out to the YWCA, or the National Suicide Prevention Services. Any day, any time, you can call a friend - even if you've never met that friend before, they're there.

There is a drip, drip, drip of pressure, but you're not alone.

Let's talk.

Top 10 injury categories

THE OLDER I get, the more I realize that accidents happen – and often accidentally too. I have also come to understand that though there are literally thousands of things that will injure you, they can probably be broken down into 10 easy-to-remember categories. They are:

1. Sticks and stones, if wielded correctly.
2. Any large immovable obstacle approaching at a high rate of speed.
3. Any activity requiring a helmet.
4. Boomerangs or kids on swings that you momentarily forgot about.
5. Gravity, if given half a chance.
6. Anything overhead whose shadow gets larger by the millisecond.
7. Twenty kilometres an hour over the speed limit on any skateboard.
8. The zoo animal whose enclosure you climbed into on a dare.
9. Showing the kids the cool dance moves you did when you were their age.
10. Walking into a room where the 500-pound gorilla isn't just a metaphor.

STEVE GALEA
Humour Columnist

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Frozen

Spires of pines towering over the trail,
tiers of their branches, stiffened by Snow,
across from them, aspens, their spindly spines
stretching towards a stone Sky.
I pause on the trail to peer up at the trees,
some pines, lopsided, from bearing the weight
of Snow,
the aspens, stripped bare, exposed to Air, sliced
by Wind,
sharp as ice-picks, that stab my cheeks as I curl
deeper into my coat and scarf,
envying the stoicism of winter trees,
how they carry their burden with patience
and ease,
endure without complaint,
as I curse the cold, clumps of my Breath blooming
in the Air,
as I continue to clomp along the trail,
an endless ribbon of Snow, unfurling
beneath my boots,
stopping to admire the frozen beauty of trees,
ice sheathing their branches like a second skin,
stalks of tall grasses, crumpled in the Snow,
frost clinging to their brittle spines.
Snow cloaking the trail and trees in a
cocoon of quiet,
as I stop to peer down at the creek,
the curves and bends of its flow, frozen
beneath Snow,
slithering like a jagged scar between banks of
buried earth.
I leave the creek behind, freezing its image
in my mind,
walking along this path of Snow, listening for that
spot along the trail that never sleeps,
its whisper seeping deeper into my ears as I near
the cave of Snow,
water flowing through it, piercing the hush
swathing Air.
I glance down from the edge of the trail, into the
water, black as ink,
wondering why this piece of creek never freezes,
or whether it's part of a spring, hiccuping through
the spaces between rocks and Snow.
I listen to the darkness flow,
its sound, weightless as the snowflakes that drift
through Air,
disappearing into the trail, blurring the boot prints
of those who came before me,
that maybe stopped at the edge to listen to the
water flow,
poking a hole through Snow so its voice is
never muffled,
serenading the winter trees that hover above it,
whether stripped bare or stiffened by Snow,
they stand, in stillness, together, alone, bearing
their burden without complaint,
as I clomp my way back through the Snow,
cursing the cold that stabs my cheeks,
jabs my bones.

Sylvie Kalenda

Trauma-informed in a pandemic era

AMANDA DUNCOMBE-LEE

Point in Time Centre

Twenty months into the COVID-19 pandemic, everyone remembers the term, "we're all in this together." It was the popular and reassuring expression used frequently in the pandemic's early phases as we all tried to find ways to unite in the face of a looming public health threat.

Yet, it wasn't long before a growing awareness of existing inequities and differing pandemic experiences inspired an alternative phrase: "Same Storm, Different Boats."

On one level, both sayings can be true. The COVID-19 pandemic has been a worldwide traumatic event for everyone – a "collective trauma." But for some individuals and families, the impact of the pandemic where trauma formed on top of inequities, vulnerabilities, and existing trauma.

The pandemic and pandemic response, and the accompanying 'shadow pandemic' of increased rates of substance use, domestic violence and mental health disorders has affected population groups differently. Individuals or families who are at higher risk of severe disease or outcomes experience the heightened threat of the virus, while children experiencing neglect and abuse are at increased risk from isolation, school closures and reduced access to health services.

The pandemic has also increased existing socioeconomic inequalities. A 2021 research report by Sick Kids found that families with lower household income and parental education rates were disproportionately impacted by economic hardship over the pandemic, experiencing job loss and food insecurity.

For many people, these hardships were layered on top of previous traumatic experiences, intensifying stress and re-triggering anxieties and past traumas.

Other bodies of research have noted the disproportionate impact the pandemic has had on groups who have faced historical trauma, including racialized groups, LGBTQ2s+ and Indigenous people. The impacts of the pandemic and rates of infection are ongoing challenges for many remote and isolated Indigenous communities. Some Indigenous communities felt a lack of consultation and engagement when pandemic measures were announced. And although it only confirmed what activists have been saying for decades, Indigenous people faced additional trauma with last year's announcements of the recovery of children's graves found at former residential schools in Western Canada.

There is no universal definition of trauma, but Public Health Ontario defines trauma as "the experience of, and response to, an event, a series of events, or set of circumstances that is physically or emotionally harmful, or life threatening, and has lasting adverse effects on an individual's functioning and mental, physical, social, emotional or spiritual well-being."

Not everyone develops post-traumatic stress disorder (PTSD) after a trauma-related event, but some people do. Family histories of trauma, unaddressed trauma, low social supports, or multiple traumatic experiences may all increase the risk of PTSD. Some common signs of PTSD include increased sensitivity to threats, anxiety, sleep disruption, emotional dysregulation, persistent negative beliefs, and social withdrawal. Some events may be so stressful that genes are altered, and trauma or PTSD is passed through generations.

Many community services organizations are trying to integrate trauma-informed approaches to their services. Trauma-informed organizations start by understanding the impacts of trauma has had on individuals seeking support. These impacts can be psychological, biological, social or spiritual. They shift the conversation from asking "What is wrong with you?" to "What has happened to you?" They use a strength-based, culturally aware perspective and look at certain coping behaviours as ways to survive, while exploring alternative ways to cope as part of the recovery process.

"Using the trauma-informed lens in the helping profession is not only being aware that anyone who walks through the door may have experienced trauma, but also being able to recognize its impacts and actively working to support healing and avoid re-traumatization," said Rachelle Stephens, Child, Youth and Family Therapist at Point in Time Centre for Children, Youth and Parents in Haliburton.

The collective impact of ongoing pandemic disruption and the widening of existing inequities in social and health outcomes have made many of us more aware of the importance of trauma informed approaches in our day-to-day relations with friends, families and colleagues, as we come to realize we're all in "different boats." The complexity of trauma means one size rarely fits all, but active listening, validating experiences, and suggestions for supports may help our loved ones regain their footing until they're able to take the next step.

Point in Time Centre for Children, Youth and Parents continues to be a listening ear and help community members plan their next steps through ongoing in-person and virtual services. You can book an appointment through their office at (705) 457-5345.

Such is cold

I know it's cold when snow has crunch
Like Styrofoam whose counter-punch
When tracking soles across its top
Returns a sound which makes me stop
To wonder what the heck's that noise
Which squeals beneath me and destroys
The myth that spring is truly nigh
Since winter never said goodbye
And fire is constant in our stove
My warm indoors is treasure trove
Where socks can't get sucked into boots
And soup with crackers in cahoots
Waits ready to reheat and sip
As temps beyond the walls still dip
So feeder birds puff up twice-size
And impolitely push allies
To root for biggest fattest grain
Since mere survival counts again
Shy deer now track to fallen seed
In brazen drifts and braver speed
They punch iced hooves towards the house
Where what has dropped feeds vole and mouse
In turn the barred owl waits on limb
Black saucer eyes, intention grim
From tunnel doors dug deep in snow
He plucks the voles and mice below
As I from window safe observe
How cold's hard voice is nature's curve.

by Deborah J Reed

Are your dentures loose? ~ *Don't settle for ill-fitting dentures!*

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Local Landmark Mystery

Built in 1888, the Essonville Historic Church located 15 minutes east of Haliburton on Essonville Line was the first church erected in Monmouth Township. The pews and window trim were planed by hand tools. The bell and the stained glass windows were shipped from England. The church has been restored and continuously maintained through donations of time and finances from the community. Each summer a memorial service is held to commemorate those buried in both the Anglican Cemetary and the Pioneer Cemetary arross the road. A Christmas service is held each December. For more information see www.essonvillechurch.org. /DARREN LUM Staff

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Thursdays: General Meeting third Thursday of the month, starting at 7 p.m. All members urged to attend.
Ladies Auxiliary last Thursday of the month at 1 p.m.
Fridays: Meat draw five draws, five prizes each draw, first draw at 4:30 p.m., last draw at 6:30 p.m. Six tickets for $2 per draw. Ed Pickard, MC.
Friday fun darts - 4:30 p.m. onwards
Saturdays: 4 p.m. draw – tickets are $1 each available from 2 p.m. onwards
Whether you're planning a function for 10 or 200, for more information call the Legion today at 705-457-2571, email rcl129@outlook.com or visit haliburtonlegion.com Come on out and support Haliburton Legion Branch 129 ... everyone is welcome!

*** New club room hours:**
Mon. 3 to 6 p.m., Tues. 3 to 9 p.m., Wed/Thurs. 3 to 6 p.m . Fri. 3 to 7 p.m. and Sat. 3 to 6 p.m.

Schedule is subject to change without notice, so contact the Legion for updates.

The following are images of a local landmark. Try to guess what the landmark is and see in the next week's *County Life* for the reveal. Concept from Thom Lambert, who has informative posts about things to see and do in the Highlands through Myhaliburtonhighlands on Instagram. /Submitted by Thom Lambert

Help us bring Memories To Life

If you enjoy the company of seniors and are a good listener then we want to hear from you!

SIRCH Community Services is re-launching a program aimed at supporting seniors with memory loss or early stage dementia through the creation of a scrapbook filled with their life stories.

The Memories of Life program was first developed and piloted by SIRCH over 10 years ago. The success of the pilot was undeniable, however, until this year, funding was not available. Recently an anonymous donor funded SIRCH to reinitiate this valuable program, set to launch in March.

SIRCH executive director, Gena Robertson, is excited about the possibilities this program can bring to isolated seniors who are looking for connection, companionship and a supporter who can help bring their legacy to life.

"Research shows that social isolation is associated with about a 50 per cent increased risk of dementia, as well as speeding the cognitive decline," Robertson said. "Memory loss can create profound sadness and grief at the loss of the life as you know it. It may affect self-esteem and create depression or anxiety, especially during COVID. Memories to Life is about providing connection and a sense of value."

Memories to Life is designed to help seniors with memory loss remember and document their accomplishments, their history and the people who have been important in their lives, and give them a sense of pride, belonging, and recognition of their impact on the world. As the memory loss progresses the memory books will provide family members and friends with a way of communicating and reassuring the person with dementia, as memory and ability to communicate decreases.

Prior to the program launch this March, SIRCH is looking for volunteers and participants to partake in this new initiative. Volunteers will be supervised by SIRCH's new senior wellness coordinator, Jan Saugh.

"Volunteers can be any age, but need to be able to listen and be non judgmental. Our volunteers will be matched with someone following training, factoring in things like location and interests, etc.," Saugh said. "Volunteers should be able to commit two to four hours each week. Ideally, each [of the] volunteers will help two to three clients over a one year period."

If you think you would be a good fit for this program, either as a participant or a volunteer, or if you want to learn more about it, we encourage you to contact SIRCH. Selected volunteers will go through a three to four day orientation and training process prior to the start of the program, and will meet regularly to share ideas and resources.

Robertson is grateful for the wonderful donation that brought Memories to Life back.

"We are so thankful. The donors want no recognition – they just want to support this community. Wow!"

Those interested in volunteering or participating can contact Jan Saugh, coordinator for senior's wellness at jan_saugh@sirch.on.ca or call 705-457-1742.

SIRCH Community Services is re-launching the Memories to Life program, which is aimed at supporting seniors with memory loss or early stage dementia through the creation of a scrapbook filled with their life stories. Those interested in volunteering or participating can contact Jan Saugh, coordinator for senior's wellness, who is pictured, at jan_saugh@sirch.on.ca or call 705-457-1742. /Submitted by SIRCH Community Services

Walk-in times available for everyone eligible for COVID-19 vaccines

Walk-ins for getting COVID-19 vaccines are now open to anyone age five years and older who is eligible for a first, second or booster dose.

Effective immediately, the Haliburton, Kawartha, Pine Ridge District Health Unit (HKPRDHU) is providing walk-in times from 1 p.m. to 4:30 p.m. at any of its Mass Immunization Clinics in Cobourg, Lindsay, Colborne, Minden Hills, Fenelon Falls, Brighton and Campbellford for everyone age five-plus who is now eligible for vaccines. For those who still prefer a set time for a vaccine, appointments can continue to be made on the provincial booking system or by calling 1-833-943-3900 (TTY for people who are deaf, hearing-impaired or speech-impaired: 1-866-797-0007).

The decision to expand walk-ins to anyone eligible for a vaccine comes just over a week after the Health Unit had announced people age 50-plus and immunocompromised individuals could walk into its vaccination clinics to be immunized.

"This is a natural progression to make COVID-19 vaccines more available and accessible to people in Northumberland County, Haliburton County and the City of Kawartha Lakes," said Dr. Natalie Bocking, Medical Officer of Health with the HKPRDHU. "We know vaccines, especially booster doses, provide excellent protection against COVID-19 and reduce the risk of serious illness and hospitalization. That is why we encourage anyone still waiting for a dose to walk in, or make an appointment, to get their shot."

As more local residents get vaccinated, the health unit finds that it has spaces at its clinics to accommodate more walk-in traffic. Making access to the vaccine as easy as possible may also encourage more people to roll up their sleeves, Dr. Bocking adds.

Submitted by HKPRDHU

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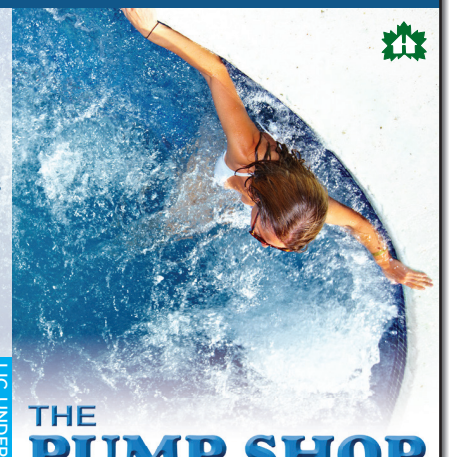
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OUR PRICE $60,440
Plus HST & Licensing

2021 JEEP GLADIATOR RUBICON STOCK#21253
4X4 / V6 / REMOTE START / HTD SEATS / NAV / LEATHER / BACKUP CAM / BLUETOOTH / BEDLINER / DUAL TOP / TOW / TONNEAU COVER / PARK ASSIST!
OUR PRICE $75,205
Plus HST & Licensing

2021 JEEP WRANGLER SPORT ALTITUDE STOCK#21245
4X4 / 2.0L TURBO / DUAL TOP / BLUETOOTH / CRUISE CONTROL / PWR WINDOWS/LOCKS/MIRRORS / HTD SEATS / REMOTE START / BACKUP CAM!
OUR PRICE $55,510
Plus HST & Licensing

2021 JEEP WRANGLER SPORT S STOCK#21249
4X4 / 2.0L TURBO / DUAL TOP / SIDE STEPS / TOW / BLUETOOTH / CRUISE CONTROL / NAV / BACKUP CAM / REMOTE START / SATELLITE RADIO!
OUR PRICE $58,845
Plus HST & Licensing

2022 RAM 1500 BIG HORN STOCK #22005
4X4 / HEMI V8 / CREW CAB / REMOTE START / HTD SEATS / BACKUP CAM / BLUETOOTH / BEDLINER / TOW / PANORAMIC SUNROOF / PWR PEDALS / PWR DRIVER SEAT!
OUR PRICE $70,380
Plus HST & Licensing

2022 CHRYSLER PACIFICA TOURING S STOCK #22012
AWD / V6 / HTD SEATS / REMOTE START / PWR LIFTGATE & DOORS / BACKUP CAM / PWR DRIVER SEAT / BLUETOOTH / PARK ASSIST / STOW 'N GO!
OUR PRICE $57,080
Plus HST & Licensing

2022 CHRYSLER PACIFICA TOURING-L S STOCK #22014
AWD / V6 / LEATHER / HTD SEATS / BLUETOOTH / REMOTE START / PARK ASSIST / BACKUP CAM / STOW 'N GO / PWR LIFTGATE & DOORS!
OUR PRICE $58,180
Plus HST & Licensing

2021 RAM 1500 CLASSIC TRADESMAN STOCK #21235
4X4 / HEMI V8 / QUAD CAB / BLUETOOTH / CRUISE CONTROL / REMOTE ENTRY / BACKUP CAM / SATELLITE RADIO / PWR WINDOWS/LOCKS/MIRRORS / BEDLINER / TOW!
OUR PRICE $46,090
Plus HST & Licensing

2021 RAM 1500 CLASSIC TRADESMAN STOCK #21233
4X4 / HEMI V8 / QUAD CAB / TOW / BLUETOOTH / CRUISE CONTROL / BEDLINER / PWR WINDOWS/LOCKS/MIRRORS / BACKUP CAM / REMOTE ENTRY / SATELLITE RADIO!
OUR PRICE $46,090
Plus HST & Licensing

2021 RAM 1500 CLASSIC NIGHT EDITION SUB ZERO STOCK #21244
4X4 / V6 / QUAD CAB / HTD SEATS / REMOTE START / PWR DRIVER SEAT / SPORT HOOD / BACKUP CAM / BEDLINER / TOW / TONNEAU COVER!
MSRP $58,655 **OUR PRICE $49,905**
Plus HST & Licensing

2022 RAM 1500 SPORT STOCK #22011
4X4 / HEMI V8 / CREW CAB / LEATHER / HTD & COOLED SEATS / BEDLINER / RUNNING BRDS / TOW / 12" SCREEN / NAV / BACKUP CAM / TONNEAU COVER!
OUR PRICE $76,240
Plus HST & Licensing

2022 RAM 1500 BIG HORN STOCK #22006
4X4 / HEMI V8 / CREW CAB / BLUETOOTH / BACKUP CAM / SATELLITE RADIO / CRUISE CONTROL / PWR WINDOWS/LOCKS/MIRRORS / TOW / REMOTE START!
OUR PRICE $65,570
Plus HST & Licensing

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OUR PRICE $35,999
Plus HST & Licensing

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OUR PRICE $35,999
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2018 RAM 1500 EXPRESS STOCK #22010A
CLEAN CARFAX / 4X4 / HEMI V8 / CREW CAB / LIGHT BAR / TOW / BLUETOOTH / CRUISE CONTROL / BACKUP CAM / PWR WINDOWS/LOCKS/MIRRORS / REMOTE ENTRY!
OUR PRICE $36,999
Plus HST & Licensing

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CLEAN CARFAX / 4X4 / ECODIESEL / CREW CAB / BLUETOOTH / BACKUP CAM / TONNEAU COVER / BEDLINER / TOW / PWR WINDOWS/LOCKS/ MIRRORS!
OUR PRICE $28,999
Plus HST & Licensing

2016 RAM 1500 SXT STOCK #22008A
CLEAN CARFAX / 4X4 / HEMI V8 / CREW CAB / BED CAP / BEDLINER / TOW / PWR WINDOWS/LOCKS/MIRRORS / CRUISE CONTROL / BACKUP CAM!
OUR PRICE $27,999
Plus HST & Licensing

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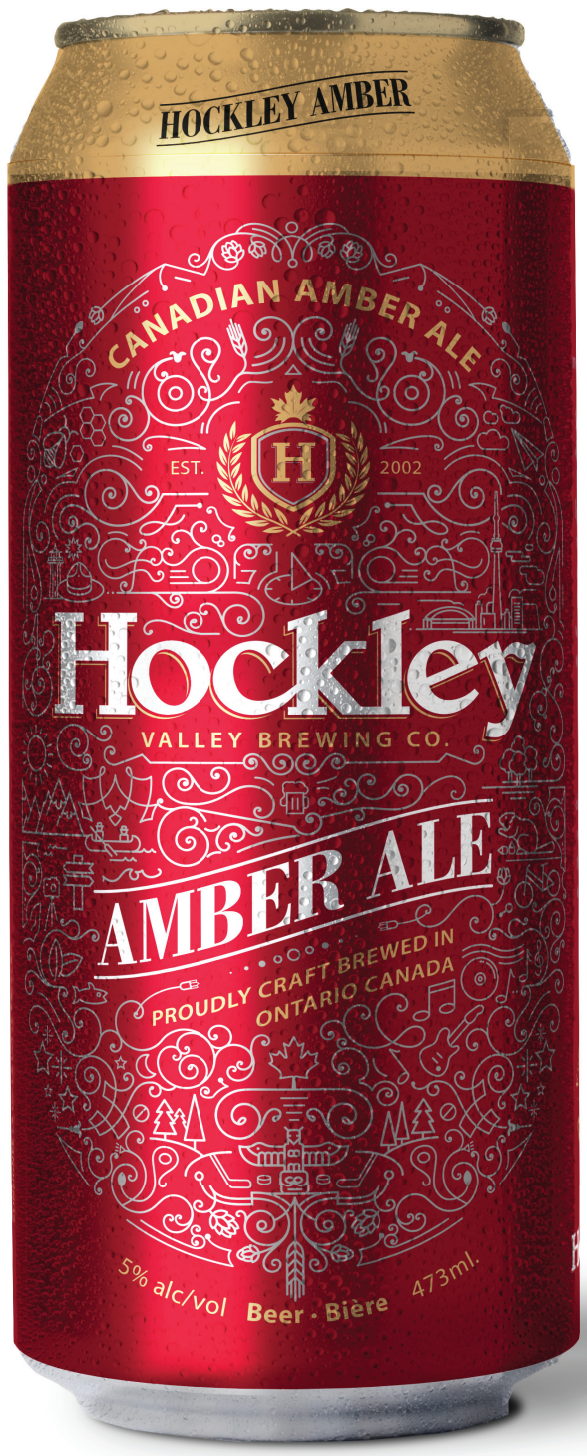

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LOOK INSIDE

Checking for ID

Rosa Kim is among vendors who always check for ID when selling tobacco.

See page 3

Marvellous Mary

Mary Stiver is a woman who loves ice fishing. Even when she can't catch a fish.

See page 14

Happy trails

Taera Samis of *Snowmobiler TV* takes a ride on the beautiful side.

See page 15

Going places

Snowshoeing can take you places ... like the top of the Stanhope Lookout Trail.

See page 21

In Quotes

"I'm not sure if that's part of the appeal or not, but I do know that by the time it's over even the Colonel wouldn't buy the drumsticks that are left over."

Steve Galea, page 7

OPP gets new home

by JERRY GROZELLE
Times staff

Morale among the staff members of the Haliburton Highlands Ontario Provincial Police Detachment got a boost with the announcement this week that a new police building is in their future. The Ontario Realty Corporation issued a request for proposals for a 9,900 square foot building to house the local detachment.

A press release from the office of Monte Quinter, Community Safety and Correctional Services Minister, said the Haliburton Highlands detachment in Minden is to be replaced with a new, larger and better-equipped facility.

"It is important that the police have well-equipped and well-maintained facilities as one of the tools to help them keep our communities safe and strong," said Kwinter. "This new modern facility will serve the local community well in the years to come."

The Haliburton Highlands facility was identified by the ministry as a priority, to address long-standing operational deficiencies and health and safety issues. When fully operational, the new facility will provide the detachment with significantly more space and greatly improved amenities.

"The new office will assist the Haliburton Highlands detachment in providing an efficient and effective police presence in the community. Our members are looking forward to the new office and to continuing our excellent relation-

see NEW page 8

Darren Lum/TIMES

Vessel of learning

Archie Stouffer Elementary School Grade 4 student Jordan Moore adds some detail to her vase. Moore was participating in the Clay Vessels activity at the school during the three-day series of Winter Electives occuring every Friday for Grade 1 - 8. More photos, page 9.

They've had it!

Break-in was the last straw for store owners who won't be selling cigarettes anymore

by JERRY GROZELLE
Times staff

Enough is enough. Smokers will no longer be able to buy cigarettes at the Kinmount Independent Grocer Foodtown.

A break-in at the store on January 26 was the last straw for owners Tom and Susan Lang. Thieves broke in through the front door of the store during the night and made off with about $3,500 worth of cigarettes and 30 DVDs from the rental service. The DVDs were all new releases and Tom Lang said they were valued at about $50 each.

Lang doesn't think the break-in and the fact that the price of cigarettes went up a week earlier are coincidental.

"Cigarettes went up again just before that," he said, noting that it

see NO page 3

Recruit spouses, docs say

Teleconference reveals that's the best way to get new physicians

by SHERYL LOUCKS
Times staff

New doctors and residents say the best way to lure them to practice in rural Ontario is to recruit their spouses/partners.

This was the message delivered by a panel of medical students, residents, and new doctors during a recent teleconference. Haliburton Highlands Health Services' recruitment committee participated in the conference by using a new "telemedicine suite" at the Haliburton Hospital.

The suite is equipped with television screens, microphones, cameras, computers and equipment so that participants are able to see and talk to someone in another similarly equipped suite anywhere in the world. The conference was put on by North Network, a non-profit company linking dozens of doctors, hospitals and health professionals together. Beth Archibald, HHHS director of community health services, says they chose North Network because of the number of links it could provide.

This particular conference is a part of a series being broadcast on the network for community based recruiters. The conference linked up more than a dozen sites between Thunder Bay and Niagara. At the beginning of the conference, each site that had people listening were shown on the screen as someone in that suite introduced them. The joke in Haliburton was there were more people there than anywhere else.

Jesse Guscotte and Peter Holloway are two resident doc-

see PROFIT page 4

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TWELVE MILE LAKE ROAD $1,995,000

A RARE FIND! 1677 feet of frontage and 6+ acres fronting on both beautiful Twelve Mile Lake and Little Boshkung Lake. This point lot is totally private and takes in multiple exposures and has stunning lake views. The historic "Strathcona Lodge" was located here. The original foundation is still present and has the potential to be built on. Two small historic cabins are also on the subject property. Don't miss this opportunity to build your dream home or getaway on one of the most peaceful settings in Haliburton County.
Price is plus HST

WENONA LAKE ROAD $799, 000

Looking for privacy in a large, spacious home on a year-round road, close to Haliburton Village? Stop looking! This amazing 4+bed/3 bath home on 50+ acres has everything you need. Warm wood finishes welcome you into a large eat-in kitchen, highlighted with the character and charm of an antique wood cookstove. Pantry for added storage. Two living rooms provide space for the whole family. A large garage with commercial size door offers amazing opportunities for the mechanically inclined. Hardwood forest with pretty trails for outdoor adventures. Enjoy more of the outdoors with Wenona Lake boat launch minutes away.

UNICORN ROAD $549,000

Your opportunity for a secluded, peaceful off grid Haliburton retreat is here! This 237 acres is the perfect destination to enjoy nature's natural beauty. Fantastic trails throughout the property. Nestled amongst the trees with a tranquil view of one of the many ponds, is a cute 22 x 22 cabin. The wood finishings throughout creates a warm and cozy feeling. Settle in and warm up in front of the wood burning stove. 24 x 24 detached garage is the ideal building to store all of your year round toys. Quick access to amenities in Haliburton Village and cell service throughout the property keeps you in the loop while enjoying your escape from the hustle and bustle.

KAWAGAMA LAKE $279,000

Stunning south views across the lake. This property has a fantastic shoreline of mixed sand/gravel gradual entry to the water. Hydro is at the lot line and there is good cell service. This is easily accessible from either marina on the lake. Enjoy this affordable lot in the summer while you make your plans for your new cottage. Great fishing year-round and fantastic snowmobiling in the winter.

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